



**health**

Department:  
Health  
PROVINCE OF KWAZULU-NATAL

# Richmond Hospital

## R.H INDABA

# NEWS

### STAY INFORMED

JUNE 2017

## 2017 STI/CONDOM WEEK AT RICHMOND

From 1<sup>st</sup> to 10<sup>th</sup> February 2017 Richmond Hospital held a STI/Condom week campaign. The institution decided to embark on this campaign to encourage Richmond community to test for STIs and educate them about the dangers of not using protection whenever practicing sexual intercourse. The campaign took place at the Richmond Shopping Centre, Indaleni taxi rank and Inhlazuka taxi rank. The campaign was a success as we managed to reach out to ±1000 people during that week. The PR office would like to thank all the staff that were involved in this life changing campaign. "Prevention is better than cure".



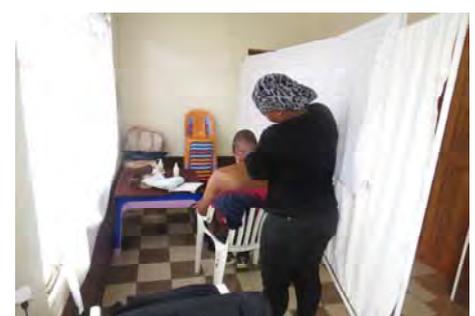
**Mr Thabiso Mayeni giving out condoms during STI and Condom week to Richmond residents .**



**STI/Condom week**  
*READ MORE ON PAGE 03*



**World Hand Hygiene Day**  
*READ MORE ON PAGE 05*



**Healthy Lifestyle Day**  
*READ MORE ON PAGE 10*

## CEO's Key Note address

To the Richees

Our first quarter financial year 01-04-2017 to 30-06-2017 has come to an end. We have reviewed our Vision, Mission, our Strategies and we have set our Operational Plan for 2017-2018. Budget constraints continue to restrict us.

Our government has been assessed by the Rating Agency and was allocated a junk status. Our production far exceeds our expenditure as a country and we have to tighten our belts. KZN Health and Richmond Hospital in particular can only perform satisfactory if it uses the budget efficiently. It is your tax and you must guard it!

As a hospital we are faced with inability to spend according to our procurement plans, maintenance plans and fill posts including some critical posts. We are hopeful that we may be allowed to fill the critical posts. Our problem is that we have very few patients while the staff remains the same. Our hope lies with KZN Health converting us to a District Hospital as we have suggested.

The junk status with high interest rates, lower rand value, higher prices in imported goods, increase in taxes, increase in fuel and increase in food prices. Ensure that you live within your means.

A special thank you for your involvement in Healthy Life Styles. People are healthier and happier. Salute to PRO and Dietician for putting extra effort to get our staff to gym, exercise and production of this informative and enjoyable Newsletter.

Our patient care is good and we must maintain or improve. I am proud of you, your performance and patient care. Keep up the good work.

Quotes:

"A nation of sheep begets a government of wolves."

-Edward R. Murrow

"If you think education is expensive try ignorance."

Anonymous

UP THE RICHEES!

Thank you

CEO



Mr. NP Dladla CEO addressing Hospital staff and its stakeholders.



Mr Bongani Ngcobo performing Voluntary Counselling and Testing during STI and Condom week.

The sad truth is that South Africa is listed as one of the leading countries in Africa when it comes to HIV/Aids, the report shows that one in two Sexually active people in South Africa will get a Sexually Transmitted Infection (STI) by the age of 25.



On the 01<sup>st</sup> of February to the 10th of February 2017 Richmond Hospital went to the streets of Richmond village educating the locals about different types of STIs as well as HIV/AIDS. The purpose of this initiative was to make sure that the Richmond community especially the youth are educated and aware of the above said. Free testing and counselling was done and the new female condoms were introduced by our HCT team.

STIs are preventable and many are treatable. Early access to care helps prevent further transmission to partners, from mother-to-child, acquisition of additional STIs, and decreases the risk of STI related complications. Screening for STIs at any and all health care visits, can promote STI prevention and management and provide an opportunity for additional health promotion and education. Where possible, STI screening and prevention should become routine and integrated into all health visits.

# PICTURES OF STI AND CONDOM WEEK





## WORLD HAND HYGIENE DAY 2017

Hand hygiene is a fundamental principle of infection prevention. When correctly practiced, this basic and cost effective intervention saves lives. Every year May the 5th is designated as World Hand Hygiene Day. WHO, once more this year sent out a call to action for all healthcare facilities in the world to participate in activities that promote hand hygiene. In response to that call, Richmond Hospital endeavours to continually promote the value of hand hygiene to all internal and external stakeholders thereby reducing healthcare associated infections.

### OBJECTIVES OF THE CAMPAIGN:

- ◆ To involve as many clinical and non – clinical employees as possible.
- ◆ Progressive elevation of hand hygiene audits especially among non-clinical staff.

### PLANNING/ LIST OF ACTIVITIES/ PROGRAMME FOR THE DAY:

- ◆ In – service training for all clinical and non – clinical staff
- ◆ Demonstrations and audits
- ◆ Evaluations

# PICTURES OF WORLD HAND HYGIENE DAY





## TB DAY AT RICHMOND TB HOSPITAL

Statistics South Africa (Stats SA) revealed that Tuberculosis killed more than 33 000 people in 2015, remaining the leading cause of death for many South Africans in the past three years. From these stats, men still remain the highest at 8.3%.

As a TB specialised hospital, from the 3<sup>rd</sup> to 12<sup>th</sup> of May 2017 our institution took part during TB month and went out to local communities (ePhatheni), where residents were educated and screened for TB. The purpose of this outreach was to create awareness that even though TB is still rated as one of the deadliest disease in South Africa, if detected and treated early it's curable. Therefore, we advise TB patients to continue with their medication as advised by the health care professionals.

The feedback that we received showed that there is still a lot that needs to be done, and we believe that this kind of awareness will help us reach our Mission which is "To cure TB and control HIV through diagnosis and treatment based on committed health workers with a participating and informed community".

## What is TB?

TB is a bacterial disease which in humans is usually caused by an organism called *Mycobacterium tuberculosis* (*M. tuberculosis*). TB is an abbreviation of the word Tuberculosis and is how one usually refers to the disease.

## How do you get TB?

You get TB by inhaling TB bacteria that is in the air. The Bacteria gets released into the air by people who are already infected. When a person with TB of the lungs or throat coughs, sneezes, sings or talks, droplets containing the bacteria are released into the air. That is why people who think they may be infectious, may often hold something over their mouth when they are close to other people. People working in a health clinic may for this reason wear a mask.

## What are the symptoms?

The symptoms depend on which area of the body has been infected. If someone has pulmonary disease, which is TB in the lungs, then they may have a bad cough that lasts longer than two weeks. They may also have pain in their chest and they may cough up blood or phlegm from deep inside their lungs. Other symptoms of TB include weakness or fatigue, weight loss, lack of appetite, chills, fever and night sweats.



## TB prevention

A major part of the prevention of TB is to stop the spread of the bacteria from one adult to another. This is done by firstly finding the adults who have TB. Then providing them with effective treatment means that they are no longer infectious and they will also recover from being sick. There is a vaccine, the BCG vaccine, but it is used for children as it doesn't seem to prevent the disease in adults.



# PICTURES OF TB DAY

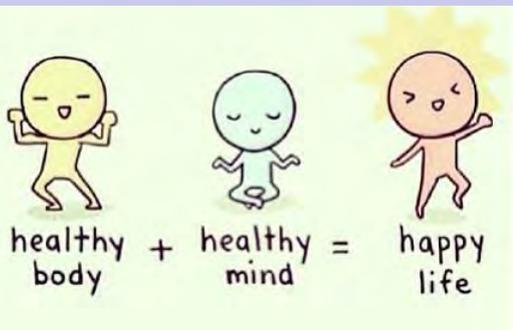


## HEALTHY LIFESTYLE AWARENESS DAY



One of the Richmond employee's enjoying a massage during the Healthy Lifestyle Awareness Day

On the 22<sup>nd</sup> of February 2017 Richmond hospital had a staff wellness day. Staff participated in the following services: Blood pressure, Blood glucose, Cholesterol, BMI, HTC and Eye testing. The wellness day went well and staff participation was amazing. The organising committee and acting OHN would like to extend their appreciation to everyone who made this day a success.





## **Lindokuhle Mlotshwa**

PR—in-service trainee

Greetings to all!

As my journey here in Richmond Hospital comes to an end, I would like to send my deepest gratitude to the Richmond Hospital management for the learning opportunity they gave me.

I would also like to thank my supervisor Mr Hlanganani Bhengu who was not only my supervisor but also a father figure to me, under your guidance I have learnt a lot about Public Relations/Communications and life in general. The experience I have gained here in the last past months as a Public Relations in-service trainee will help me a lot going forward, and to each and everyone from all departments I would like to say “enikwenze kumina, nikwenze nakwabanye”

# ACKNOWLEDGEMENTS



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